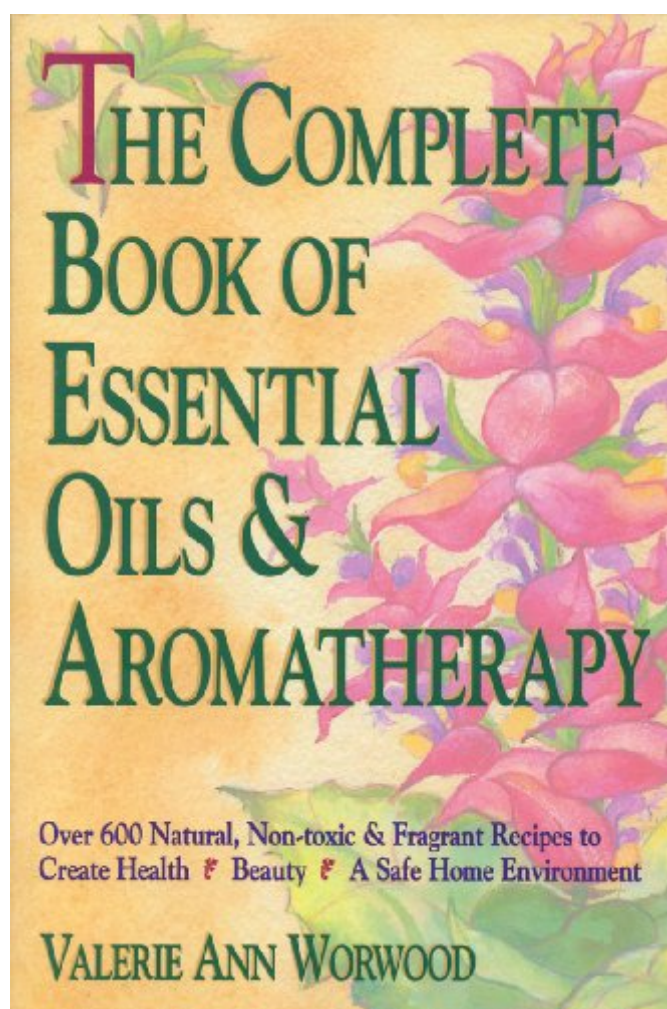


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The Complete Book Of Essential Oils And Aromatherapy: Over 600 Natural, Non-toxic & Fragrant Recipes To Create Health & Beauty & A Safe Home Environment



Synopsis

This encyclopedic book contains, in practical and easy-to-understand form, every conceivable use for essential oils and aromatherapy in everyday life. The author, a practicing aromatherapist for more than twenty years, unlocks the power of essential oils in more than 600 original recipes, most needing only a few essential oils. Unlike over-the-counter products, the recipes you make yourself contain no harmful preservatives. Most basic needs can be covered with just ten essential oils.

Book Information

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Customer Reviews

Valerie Ann Worwood's book "The Complete Book Of Essential Oils & Aromatherapy" is one of the most complete and down-to-earth books on the subject, especially for the beginner. If I were to teach a course on aromatherapy for beginners, this would be one of two main texts I would use, as it is so complete. Her writing style is very clear, easily understood, and enjoyable to read. No dryness here. She begins by discussing ten essential oils as a "basic care kit," and explains how such oils should be used via an A-Z list of common household occurrences. The list includes the following as some topics: -Abdominal pain. -Abrasions. -Black Eye. -Bruises. -Colds. -Fever.

-Headache. -Hiccups. As a matter of principle, she explains at the very beginning of the book that the information contained in this book is NOT intended to take the place of a Physician's care. Her chapters on Travel, Sports related injuries, and Beauty (3 chapters covering head to feet!), Maternity and Motherhood, Mens/Women's health (separate chapters), and Aging are exceptional. She closes with chapters on aromatherapy for animals, and gardening; which I have not seen except in a work by Dr. Gary Young. The charts at the end of the book are indispensable, and complete as a ready, quick reference. Valerie's bibliography contains such authors as Belaiche; Gattefosc; Valnet, Duraffourd, Lapraz; and Wells; shows that she is very well read as she is experienced. These authors are the very pioneers of the modern resurgence of aromatherapy, and should be read by all who desire to be serious students of the art and science that is aromatherapy.

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